



Sadakathullah Appa College

*An Autonomous Institution, Re-Accredited by NAAC at an 'A' Grade, *ISO 9001 : 2015 Certified*

AQAR

(2021-2022)

CRITERION VII

7.1.1

**Measures initiated by the institution for the
promotion of gender equity**

COUNSELLING

AGAM

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

(NAAC)



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Measures initiated by the Institution for the promotion of
gender equity

COUNSELLING

AGAM

AGAM, the centre for self-development, initiated by the College, addresses the needs and problems of the students arising out of their intrapersonal and interpersonal behaviour patterns.



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Aim:

'AGAM' is the centre for self development. The centre addresses the needs and problems of the students arising out of their intrapersonal, interpersonal and social behaviours. It is also to help the students deal with their day to day problems, issues, crises and trauma.

Self development helps the individual to be aware of his/her full potential and guides him/her to achieve growth and success. It also helps the individual to know his/her strengths and weaknesses. By undergoing this course the student will gain in confidence and lead a refined life.

Objectives:

Some of the common issues are:

- * To analyse the problems in studies like lack of concentration, memory, attention.
- * To foster the mental health.
- * To develop strong interpersonal skill and intrapersonal skills.
- * To overcome their exam fear, anxiety, extreme fear, maladjustment, depression and addictions of various types.
- * To promote relationships in personal and family life and with social groups.

How can we verify the issues?

1. By organizing several activities, training, group discussion, lecture-cum-discussion eliciting answers through questionnaire and conducting assessment tests.

2. By organizing the workshop, seminar and training for the whole students.

Description of programme:

This session involves a detailed discussion pertaining to the objectives of the programme in general.

Duration:	20 hours (weekly 2 days) - 1 hour per day
Timings:	Morning: 12.20 p.m to 1.20 p.m Evening: 1.40 p.m to 2.40 p.m

Content:

First week:	Evaluation of Intrapersonal and Interpersonal Skills
Second week:	Self Awareness
Third week:	Motivation and Confidence
Fourth week:	Managing Emotions
Fifth week:	communication
Sixth week:	Leadership style / Moral Value
Seventh week:	Character building / Discipline
Eighth week:	Interview / Career
Ninth week:	Goal setting / Time Management
Tenth week:	Assessment of the outcome of the programme.

Expected Outcome :

The Students will come out with strong interpersonal skills, sound mental health and healthy life style.

Organization Structure :

Advisory Committee :	1. The Principal 2. Director of Unaided courses.
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Coordinator :	Student's counsellor
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Student Committee :	All department representatives must participate.
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Organizing Committee :	1. Student's counsellor 2. Student's council.
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Participants :	(UG & PG) willing students should participate.
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